

What is claimed is:**1.** An adjustable weight sled exerciser comprising

a frame system including a pair of front and a pair of rear frame members, attached by a pair of floor members extending therebetween and further comprising an upper C-channel member disposed between a front frame member and a rear frame member;

a sled comprising a vertical bar with padding attached therefore, said sled including a crossbar extending from said vertical bar to the C-channel of said frame system;

a sled movement arrangement comprising at least a pair of wheels disposed within said C-channel and attached to either side of the sled crossbar, said movement arrangement thus allowing said sled to move longitudinally from the front to the rear of said exerciser, as said pair of wheels ride along said C-channel; and

an adjustable weight system, attached to said sled, for providing resistance to the rearward longitudinal movement of said sled within said frame system.

2. The adjustable weight sled exerciser of claim 1 wherein the adjustable weight system comprises

a set of adjustable free weights connected through a central bar piece to a first end of a cable; and

a pulley system attached between the cable and the sled to couple a second, remaining end of said cable to said sled and provide adjustable resistance to the sled exerciser.

3. The adjustable weight sled exerciser of claim 2 wherein the pulley system comprises

a first pulley, attached to a frame member; and

a second pulley attached to the sled, wherein the cable is attached to and rides through said second pulley, and rides through said first pulley to provide adjustable resistance to the sled exerciser.

4. The adjustable weight sled exerciser of claim 1 wherein the exerciser further comprises

an extension frame member for supporting the adjustable weight system at a predetermined distance separate from the frame system.

5. The adjustable weight sled exerciser of claim 4 wherein the extension frame member comprises an additional front frame member, attached to a front frame member using an extension piece to maintain a predetermined separation.